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Tuesday, December 22, 2015 metro.us | t: MetroPhilly | f: MetroPhilly

CARDELLINI IS STILL A 'FREAK'

The actress cracks up with Ferrell and Wahlberg. 13

Were 2015's wellness trends good for us? 16

Montco commissioner bids adieu after 30 years. 4

OWL BY THEMSELVES

The 2015 Temple Owls football team can set a school record for wins if they prevail in Tuesday night's bowl game. 19

GETTY IMAGES

8-YEAR BAN FOR BLATTER

1 FIFA President Sepp Blatter and UEFA boss Michel Platini, the two most powerful men in world soccer, were banned for eight years Monday for ethics violations, leaving the world's most popular sport rudderless in a sea of corruption cases. The pair, who were also fined, had been suspended in October while an investigation was carried out. REUTERS

HOMELESS IN RAIN

2 As Los Angeles grapples with a huge homelessness problem, El Nino weather patterns are likely to bring torrential downpours in coming months and add to the misery of the thousands of people who sleep on the city's streets. Los Angeles' homeless population is estimated at 44,000, with many of them concentrated in a bleak and chaotic square-mile patch of downtown known as Skid Row.
REUTERS

NEW TRIAL IN BALTIMORE

3 A Baltimore police officer will face retrial on charges of manslaughter related to the death of Freddie Gray starting June 13, a Maryland judge ruled Monday, after the officer's first trial ended in a deadlocked jury. Officer William Porter was the first of six officers to be tried in connection with Gray's death. REUTERS

MACY'S LIGHT SHOW

7 Hundreds of people packed Macy's in the Wanamaker building to watch an afternoon performance of Macy's famous Christmas Light Show, in Center City on Monday. The show runs every two hours from 10 a.m. to 8 p.m. through Dec. 31, with no show on Christmas Day.

7 THINGS YOU NEED TO KNOW

MAIN PHOTO BY CHARLES MOSTOLLER, ALL OTHER PHOTOS BY GETTY IMAGES

ALIMONY CHECK INSULTS

4 A New Jersey man is suing his ex-wife, claiming she harasses him by writing insulting terms on the memo line of the alimony checks she sends him. Francis Wagner, 61, said he has suffered emotional distress from his ex-wife's written insults, NBC reported, adding that the weekly alimony checks he receives sometime come with "bum" or "loser" written on the memo line. JASON NUCKOLLS

6 US TROOPS KILLED

5 Six American troops were killed in Afghanistan on Monday when a suicide bomber on a motorbike struck their patrol near Bagram air base, a U.S. official said, in the latest high-profile attack claimed by Taliban insurgents. Just days ago, the Pentagon warned of deteriorating security in Afghanistan in the second half of 2015 and a rise in the number of effective strikes by Taliban insurgents. NATO's Resolute Support mission in Kabul said that the attack killed six Resolute Support troops and wounded three others. REUTERS

COP-INVOLVED KILLINGS

6 A new report released by activist research collective Mapping Police Violence said that Philadelphia has one of the lowest rates of cop-involved killings in urban America. The 2015 Police Violence Report listed the top 60 American police departments by size and how civilian deaths compare in those cities. JOSH KRUGER

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Santa comes early at Metro

Children receive presents at IDAAY's holiday party Saturday in North Philadelphia with gifts that were donated by the annual Tony's Metro Magic toy drive started by Metro's late editor Tony Metcalf. CHARLES MOSTOLLER

Castor to bid adieu after 30 years with Montco

The decorated former prosecutor and soon-to-be former commissioner is looking forward to full-time life in private practice.

Castor PROVIDED

JENNY DEHUFF
@MetroPhilly
letters@metro.us

Montgomery County's Bruce Castor recounted his more than 30 years of public service to the county, both as its top prosecutor and as a commissioner.

As his tenure as county commissioner comes to a close in January, Castor said he has mixed feelings about leaving an office that has raised his public profile so — including exploring a bid for governor last year and even a seat on the Pennsylvania Supreme Court.

"There will be a lot of people I will miss because I've made so many friends there. I respect the work they do in the DA's office but in the county government as well," he said.

"I won't miss being on call all the time — or having two jobs … it is a giant weight off my shoulders."

But it's been his career in the courtroom that has gained him the most notoriety.

Castor is credited with securing two life terms for Caleb Fairly, the rapist and murderer of a mother and child in a children's clothing store in Gulph Mills in 1995.

Castor also put away Craig Rabinowitz, who, in 1997, strangled his wife to death in their Merion home to then elope with a stripper. Then there's University of Pennsylvania professor Rafael Robb, who bludgeoned his wife to death with an exercise bar in 2007 in a wild fit of rage.

Alas, we get to Bill Cosby.

Castor lost his most recent bid for district attorney to Montgomery County First Assistant District Attorney Kevin Steele, who will be sworn in in January.

Castor's decision not to prosecute comedian Cosby in 2005 became a media flashpoint, and Steele sailed to victory in November after several more women came forward with sexual assault allegations against Cosby over the course of the last year. But Castor has maintained that there was a significant lack of evidence in the case brought by Andrea Constand, the former basketball player who claimed Cosby drugged and assaulted her in his Montgomery County home.

Some critics said the Steele campaign jumped on the newly surfaced Cosby allegations from women and ran with them — spinning them to make Castor appear insensitive to victims of sexual assault. In one campaign ad, Steele criticized Castor for "not even trying" to thoroughly investigate the claims against Cosby. Yesterday, Castor called the Steele claims "complete and utter nonsense."

"When you're a lawyer and prosecutor you make decisions based on facts and evidence," said Castor. "Anybody part of the DA's office at the time knows exactly what we had, and that we were never going to win that case."

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Philly adopts federal standards for preventing prison sex assaults

Nutter signs executive order adopting new standards for sex assault training in city prisons.

JENNY DEHUFF
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letters@metro.us

Philadelphia inmates CHARLES MOSTOLLER

Mayor Michael Nutter and Prisons Commissioner Lou Giorla signed an executive order yesterday adopting federal standards in training prisons workers on sexual assaults behind bars.

The executive order espouses standards implemented by the Prison Rape Elimination Act (PREA), which Congress passed in 2003.

The purpose of the act was to "provide for the analysis of the incidence and effects of prison rape in federal, state, and local institutions and to provide information, resources, recommendations and funding to protect individuals from prison rape."

Now, LGBT training will be codified and made a permanent practice for every staff member within the city's prisons. PREA is mandatory for all federal facilities.

State facilities must implement PREA or lose a percentage of their federal funding.

Municipalities are not required to implement PREA, but Nutter chose to do so anyway with yesterday's signing.

"Studies have shown time and time again that the rates of victimization against LGBT people while in custody are as high as 12 times that of someone who does not identify as LGBT or is not perceived as LGBT," said Nellie Fitzpatrick, Philadelphia's director of LGBT affairs.

> *"It also highlights and recognizes the LGBT community in prisons as one of the most targeted and vulnerable communities to this type of violence."*
>
> Fitzpatrick

"It also highlights and recognizes the LGBT community in prisons as one of the most targeted and vulnerable communities to this type of violence."

A study conducted by the National Center for Transgender Equality and the National Gay and Lesbian Task Force revealed that 16 percent of transgender people and 47 percent of black transgender people have been incarcerated at some point in their lives. The survey also captured that 37 percent of transgender inmates reported harassment by prison staff themselves, with 44 to 56 percent of inmates of color having experienced the harassment.

Following this order, Giorla said every staff member who interacts with inmates will now be trained on how to prevent sexual assaults.

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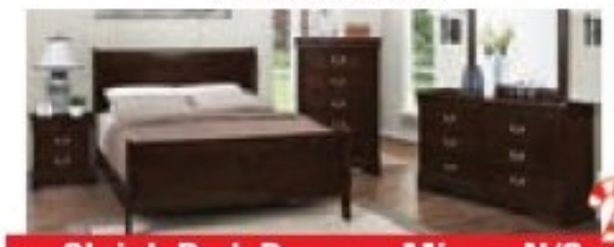

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FDA overturns 30-year ban on blood donations by gay men

The FDA said its decision to reverse the policy was based on an examination of the latest science which shows that an indefinite ban is not necessary to prevent transmission of HIV, the virus that causes AIDS.

The United States government on Monday overturned its 30-year ban on blood donations by gay men, saying they can now donate 12 months after their last sexual contact with another man.

"Ultimately, the 12-month deferral window is supported by the best available scientific evidence, at this point in time, relevant to the U.S. population," Dr. Peter Marks, deputy director of the FDA's biologics division, said in a statement.

The move brings the United States in line with countries such as the United Kingdom, Australia and New Zealand which also have 12-month deferrment periods.

Gay rights advocates said the updated policy reamins discriminatory.

"It is ridiculous and counter to the public health that a married gay man in a monogamous relationship can't give blood, but a promiscuous straight man who has had hundreds of opposite sex partners in the last year can," said Jared Polis, a Democratic congressman and co-chair of the Congressional LGBT Equality Caucus, a caucus of openly gay members of Congress.

The FDA said it has worked with other government agencies and considered input from outside advisory bodies, and has "carefully examined the most recent available scientific evidence to support the current policy revision."

Blood drive GETTY IMAGES

"These published studies document no change in risk to the blood supply with use of the 12-month deferral. ... Similar data are not available for shorter deferral intervals."

Food and Drug Administration

During Australia's switch from an indefinite blood donor deferral policy on gay men, essentially a ban, to a 12-month deferral, studies evaluating more than 8 million units of donated blood were performed using a national blood surveillance system, the FDA said.

Additionally, the agency said people with hemophilia and related blood clotting disorders will continue to be banned from donating blood due to potential harm they could suffer from large needles. Previously they were banned due to an increased risk of HIV transmission.

The agency said it has put in place a safety monitoring system for the blood supply which it expects to provide "critical information" to help inform future FDA blood donor policies. REUTERS

BRIEF

Oregon woman held in Las Vegas Strip sidewalk rampage

An Oregon woman who intentionally drove her car onto a crowded Las Vegas Strip sidewalk on Sunday night, killing one person and injuring at least 35 others, was homeless and had been living in her vehicle with her 3-year-old child, police said.

Lakeisha N. Holloway, 24, was arrested a short distance from the scene of the carnage, Las Vegas Metropolitan Police Sheriff Joe Lombardo said at a news conference.

"She didn't appear to be distressed due to her actions," Lombardo said.

He said there are no indications Holloway drove through pedestrians as a militant attack, but that he could not completely rule out that possibility because the investigation was ongoing.

Holloway, who is from the Portland area, had been homeless and living in her car in Las Vegas for about a week with her 3-year-old child, who was in the car when she drove into the pedestrians, Lombardo said.

Clark County District Attorney Steven Wolfson said his office planned to bring charges of murder with use of a deadly weapon against Holloway. REUTERS

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New Jersey Boy Scout master recovering after fight with bear

A New Jersey Boy Scout master was recovering Monday after a run-in with a black bear that pulled him into its cave and mauled him before he hit the animal with a hammer, played dead and yelled instructions to the scouts who called authorities on a cellphone.

The bear grabbed Christopher Petronino, 50, on Sunday when the scout leader was showing his son and two other scouts, ages 12 to 14, a cave that he regularly visits at Split Rock Reservoir in Kinnelon, New Jersey, about 29 miles west of New York City.

Petronino entered the cave, which he thought was empty, when the bear grabbed his foot and pulled him farther inside, said Bob Considine, spokesman for the New Jersey Department of Environmental Protection.

Black bear GETTY IMAGES

Petronino suffered bites and scratches on his head, shoulders and leg, authorities said. Petronino tried to fend off the bear, hitting him twice in the head with a rock hammer, wildlife officials said.

"The man fought back," said Dave Chanda, director of New Jersey Division of Fish and Wildlife. "It appears he played dead for a little bit."

Petronino then pulled his sweatshirt over his head and curled into a fetal position. He yelled to the scouts to get help and to place any food they had at the cave entrance to lure the bear out.

> *"They knew what to do. They probably saved the gentleman's life."* Chanda

None of the scouts were injured. They used a cellphone to alert authorities and tied bandannas to sticks to help rescuers find them.

The bear eventually left the cave and then escaped. Authorities said it will not be pursued for capture.

"It was just defending an area that it set up to spend the winter," Chanda said.

Authorities praised the scouts for aiding in the rescue of their Scout master, who was treated at a local hospital.

Officials said hikers should not enter caves, particularly during bear hibernation season, and should not use food as a lure with bears. They also said anyone who is attacked by a bear should fight back but not play dead. REUTERS

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Graham drops out of presidential race

Sen. Lindsey Graham, a respected conservative voice on defense and foreign policy issues, dropped out of the 2016 Republican presidential race on Monday after months of barely registering in opinion polls.

Graham struggled to gain traction in a crowded Republican field dominated by front-runner Donald Trump, and he faced the potentially embarrassing prospect of being trounced in the Feb. 20 primary in his home state of South Carolina.

Graham, an early and staunch advocate of using U.S. ground troops against Islamic State, said his long-shot campaign had made headway in influencing the party's debate on the conflict.

"I got into this race to put forward a plan to win a war that we cannot afford to lose, and to turn back the tide of isolationism that was rising in our party. I believe we've made enormous progress in this effort," he said in a video posted on YouTube.

Lindsey Graham GETTY IMAGES

He noted many of his Republican rivals for the November 2016 election now support placing more ground troops in Syria, and promised to continue his hawkish criticism of President Barack Obama's strategy in Syria.

"I'm far more confident today that our party will reject the Obama doctrine of leading from behind and will provide the strong leadership America needs to restore our military and take the fight to our enemies," he said in the video.

Graham, a third-term senator from South Carolina, had repeatedly been relegated to the early "undercard" debate of low-polling Republican candidates. He registered below 1 percent in most national polls and in the latest Reuters/Ipsos poll of the Republican field.

His withdrawal, on the day of the deadline for removing his name from the primary ballot in South Carolina, will have little impact on the national Republican race, which still has 13 candidates. REUTERS

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Christina Aguilera looking to ruin Gwen Stefani's 'Voice' fun

Gwen Stefani and Blake Shelton may be doing their best to keep things steamy and headline-grabbing in their relationship while "The Voice" is on hiatus, but one of their colleagues is gearing up to spoil all the fun. Christina Aguilera is set to return to the hit show next season, with Stefani taking a break. And apparently, she's taking a special amount of pleasure in that aspect, according to Radar Online. "Christina said that it was her show and gave a really big spiel about how she thinks that Gwen used this Blake thing to try and stay on the show," a source close to "The Voice" says. "Now people are dreading her return."

Shelton had floated the idea — jokingly, we think — of letting Stefani stay on along with Aguilera, bloating the coaching bench to five, but that's not happening.

"They have been switching the female judges on and off for over three seasons now, and it has nothing to do with how well Gwen is performing," the source explains. "As of right now, there are no plans to make it five judges on the show."

ALL PHOTOS GETTY IMAGES

the word

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The Rock introduces his daughter to the world

It turns out that the Rock is a big softie. Actor, wrestler and perpetual cufflink-adjuster Dwayne "the Rock" Johnson had some big news yesterday, as he welcomed his first daughter, Jasmine. Johnson posted a photo to his Facebook page of the newborn on his massive, tattooed chest.

"Christmas came early! Within minutes of being born she was laying on daddy's chest. And being a grateful man takes on a whole new meaning," he writes. Oh, and if you wanted some TMI about the birth itself, Johnson's got you covered. "I was right there during labor, helping [Laura Hashain] breathe, every highly intense contraction, every second of pain, right there watching the actual birth, cutting the cord and wiping the tears," he writes. "Now don't get me wrong, boys. It wasn't like I was at the end of the table, squatting like a catcher waiting for the fastball to come down the pike. But as men, it's a miracle we should witness because it'll give you a whole new respect for the strength and beauty of a woman."

@TheRock
Good mornin' from the South. Let's roll.. (don't worry about where we're going just get in the truck and don't touch my radio).

@AudraEqualityMc
Why did everyone bring pizza on this flight?!?! And more importantly why will no one share with me?

@rickygervais
At The Golden Globes I might read out the runner up first just to see them run up to the stage and start their speech.

@billyeichner
About to land in LA just asked a flight attendant what to do about Steve Harvey but no one knows what to do tough night

@WhitneyCummings
I'm dyslexic so when I try to 69 I just end up staring at a wall

@kirstiealley
I'm in Kansas cleaning my house like the wife I never wanted to be..Merry Christmas

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Cardellini back with the freaks

The "Freaks and Geeks" actor is back with funny boys in "Daddy's Home."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

GETTY IMAGES

Linda Cardellini can hang with the clowns. In her breakthrough role on "Freaks and Geeks," she acted alongside a slew of future comedic stars of the Apatow-verse. Since then, the 40-year-old actress has taken on more serious roles: a long stint on "ER," "Brokeback Mountain" and self-destructive types on "New Girl" and "Mad Men."

But with "Daddy's Home," she's back to playing the straight center of a raucous comedy. As Sarah, she has to deal with both her current, uptight husband Brad (Will Ferrell) and the father of her children, Dusty (Mark Wahlberg), a bad boy who wants to reconnect with their kids, and with her too. But Cardellini's Sarah — to the actress' delight — is over him.

Given how long you've been acting alongside funny people, do you still blow takes by cracking up?
Sometimes, for sure. I think it's hard for everybody. Sometimes it wasn't even in front of the camera. Someone behind the camera, even the director, would occasionally have a hard time keeping it together.

I wouldn't say your character is just a killjoy — the classic shrewish wife who wants the boys to behave.
Sean [Anders, the director] and I talked a lot about this. We wanted to make sure she had more dimensions than a stereotypical wife character. I have no problem playing the wife, because women are wives and daughters and sisters. I loved how she evolved from her younger days, that she isn't falling for [Dusty's] ridiculous bad-boy charm anymore. And he and Brad were always talking about how wonderful my character is. [Laughs] That made me very happy.

You've said you used to get people coming up to you, confusing you with the character you played briefly on "Boy Meets World," back in the '90s, who almost broke up Cory and Topanga. Did you have similar experiences with people angry you were playing Sylvia, one of Don Draper's last mistresses on "Mad Men"?
I did. People had a complex reaction to her relationship with Don, though. Some people were angry because it's the first time his affairs are found out by his daughter. But people had varied reactions to it.

Will Ferrell and Mark Wahlberg play men vying for the attention of Linda Cardellini in "Daddy's Home." PARAMOUNT PICTURES

Always a 'Freak'

Was there one in particular that was weird for you?
My mom called me and said my dad had to cover his eyes while he was watching. [Laughs] My mother was asking if I'd ever get out of bed with that man. It was the biggest part of my role, so I hoped not.

Have you watched "Freaks and Geeks" since becoming a mother?
No, I haven't. It would be strange to watch it now as a parent. I always related to it from the child's point-of-view, from Lindsay's point-of-view. Now I would probably relate more to the parents and be terrified if Lindsay was my daughter.

I'm sure you wouldn't think, "Oh, it's cool that my daughter's following The Dead!"
No way. I would have the police on the phone immediately. [Laughs] I'd be so proud of her for being a good person, but less so that she goes over to the freaks, especially when she gets on that bus.

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In the Christmas spirits

Make your guests merry. ISTOCK

May your troubles be out of sight with these holiday hosting tips from a cocktail expert.

RACHEL VIGODA
@rachelvigoda
rachel.vigoda@metro.us

Whether you're hosting an intimate gathering or throwing a come-all-ye-faithful, all-day soiree, your guests are likely expecting a cocktail or in two in exchange for their presence and presents.

Ron Murphy, spirits buyer for Fine Wine & Good Spirits, which runs all the liquor sales in Pennsylvania, decides what to sell in which stores — all 608 of them. He talked to us about how to prepare drinks for a holiday party, plus the best cocktails to get you and yours in a festive spirit.

Before the guests arrive

"Do some prep work. Make a batch ahead of time, and pour it out as you go," Murphy says. "The whole point of entertaining is to be there to entertain. You don't want to spend your whole night mixing drinks for everybody. If you can, get everything ready ahead of time so you're not worrying about it at the party."

He suggests a hot spiced sangria (see recipe): "It's supereasy. [It's] the same idea as a punch, so you can have it ready to go."

Mix it up

When you're playing host, "it's nice to have a good mix," Murphy says. "A classic punch works really well. Eggnog always goes over well at parties. Have a brandy or a cognac, and maybe a whiskey. Anytime I entertain, I don't have a huge spread, but I do have a nice spread that people can choose

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A440 - Bussie, Melvin • A506 - MINIEL, ISAIAS • B1211 - Whiting, Elizabeth
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A105 - Richards, Robin • A161 - Fisher, Joseph
B026 - Lopez-Cedeno, Nelly • B054 - Ferranti, Alexis
D027 - Jones, Daineen • G018 - Quiles-Roman, Wessie

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Hot spiced sangria

from."

And don't forget about your dry guests. "It's always good to have variety — for the non-alcoholic drinks too," Murphy says.

Don't panic

Keep a ready-made mixer on hand in case unexpected guests drop by over the holidays or more people show up for the party than you were planning for. "Have a 'ready-to-drink' item, like a [bottle of premade] Mudslide or white Russian — they're perfect for the random drop-ins," Murphy says. "You can keep them cold, shake them with ice just before you serve or even blend them, and it only takes minutes."

Another option is stocking your cabinet with liqueurs. "Have a nice liqueur, like Snap from Art in the Age. It tastes like gingerbread," he suggests. "Or a DiSaronno — it warms you up, but it's light enough that it doesn't take away from the ambience and the conversation."

Easy holiday cocktails

Hot spiced sangria

Ingredients:
- 2 750 mL bottles Eppa
- Suprafruta red sangria
- 4 cinnamon sticks
- 2 oranges, sliced

Directions:
Combine all ingredients in a crock pot and heat to desired temperature.

Fire cider

Ingredients:
- 1½ oz. Fireball Cinnamon
- Whisky
- Apple cider
- Heated cinnamon stick

Directions:
Pour whisky into a mug and top with hot apple cider. Garnish with a cinnamon stick.

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DEBIT CARDS ACCEPTED

The biggest health trends of 2015

It's been a year of common sense winning over gimmicks and fearmongering. We look at the big changes in fitness and nutrition this year, and what they mean for the future. EVA IOS

Ingredients get a rethink

Food companies, from fast-casual chains like Chipotle and Panera Bread to major brands like General Mills and Kraft, finally started ditching artificial ingredients and additives for natural ones, like annatto seed and paprika extract to give mac and cheese its yellow color. This was the next step in last year's trend of ditching low-fat products, which, while lower in calories, were usually not healthful. Real ingredients are winning out over marketing gimmicks, and that's a trend companies have recognized will continue to drive the way we eat.

Protein is out, fiber is in

One of the few things our diets are not deficient in is protein, though you wouldn't know it from all the bars, powders, shakes and other supplements telling us to load up on it. But these "healthful snacks" often also come packed with sugar, preservatives and other things you don't want, while missing one vital nutrient that we are definitely lacking: fiber. To get its anti-inflammatory, circulation-boosting, cancer-fighting benefits, you'll have to load up on plant-based foods (which you should be eating more of anyway). Instead of a green juice, reach for a whole apple (the fiber is in the skin) and add more nuts, whole grains, legumes and dark leafy greens into your routine.

HIIT in everything

Packed schedules mean we're always looking to maximize every minute, and this was the year that high-intensity intervals took over every style of workout. Getting more out of less time in the gym, without changing up what you're already doing too much is great, but will HIIT stick around? It's hard to say — the risk of injury is higher when you're pushing your limits, and there's a new emphasis on strength and stretching exercises that counteract sitting-related problems. All of which means HIIT might be better left to pro athletes.

ALL PHOTOS ISTOCK

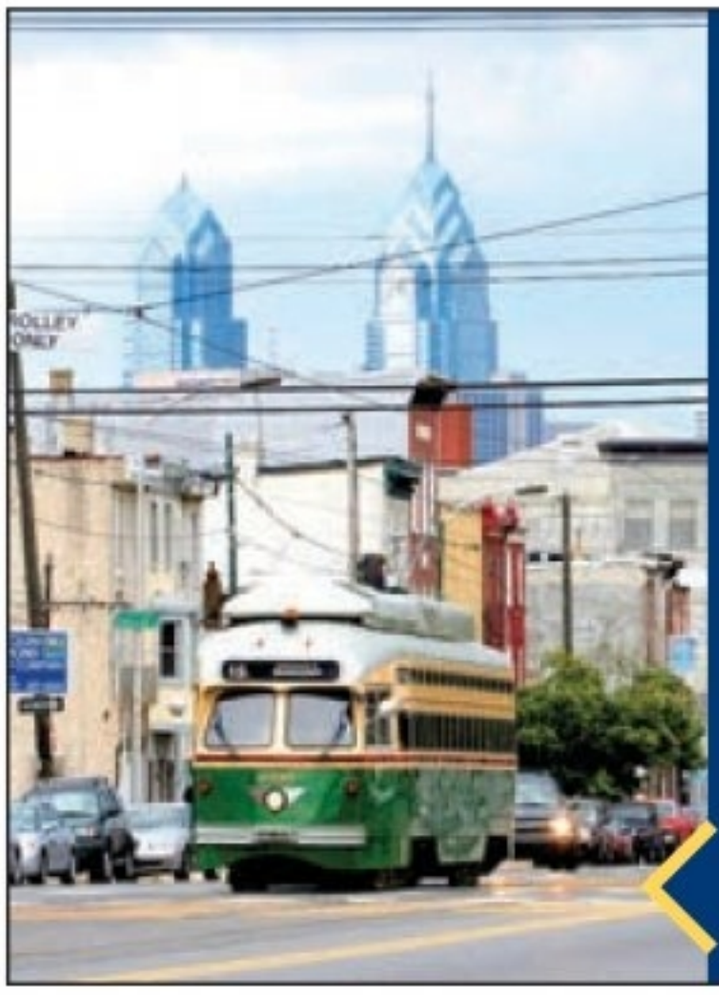
MAKE HEALTHY YOUR NEW HAPPY

Sleep gets some respect

If there was one mantra being repeated by everyone from fitness trainers to nutritionists and even mental health professionals, it was, "Get more sleep!" Without it, your ability to make long-term memories suffers, your heart doesn't get a much-needed break, and all those cheap calories you're eating to stay awake are wreaking havoc with your blood sugar, which could lead to diabetes. (Not to mention sleeping too little is killing your sex drive.) Aim for between seven and eight hours, but don't go below six.

(Ancient) grains on the menu

The anti-gluten hysteria that has swept grocery stores meant anything with the word "grain" in it was suspect. The pushback over the past year, however, made way for delicious, lesser-known varieties of ancient grains like emmer, khorasan wheat and amaranth, whose nutty flavor and robust texture will make you swear off oatmeal. And grain bowls — which tend to be accompanied by fruit, yogurt and matcha rather than sweeteners — also make for beautiful Instas, which never hurts when starting a trend.



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Seaweed is your new healthy condiment

Here's what this briny superfood can do for you.

ELODIE NOËL
Metro World News
letters@metro.us

Add some kelp to your dishes for a satisfying umami note. ISTOCK

Chia seeds, kale, moringa, matcha … there's a new superfood for what seems like almost every month of the year. Yet 2015's firm favorite isn't quite so exotic.

Seaweed, a longtime favorite in Japanese cuisine, could make any everyday meal more healthful, according to a study.

"Certain substances in seaweed may be important for reducing cardiovascular diseases," says Ole G. Mouritsen, professor of biophysics at the University of Southern Denmark.

Alongside his team, Mouritsen — the author of "Seaweeds: Edible, Available, and Sustainable" — found that by eating bread containing dried seaweed, overweight men ate 16.4 percent fewer calories in the 24-hour period afterward.

What's inside

"Like other algaes and vegetables, seaweed is one of the most nutrient-dense foods on the planet," says Alice MacKintosh, nutritional therapist at The Food Doctor Clinic.

Made up of 70 percent protein, it contains all eight essential amino acids, as well as healthy fats and nutrients like vitamins A through E, with high levels of minerals such as calcium, magnesium, iron, selenium and zinc. Seaweed is also a good source of dietary fiber for only a few calories. "An important feature is also that the seaweed has umami — the fifth basic taste, which is known to promote satiety and hence regulate food intake in addition to reduce cravings for salt, sugar and fat," Mouritsen adds.

The benefits?

Due to its unique combination of nutrients, seaweed supports a host of vital bodily functions. "Its high antioxidant levels are also particularly appealing to women as skin support," says MacKintosh. "The high levels of iodine, a nutrient often deficient in Western diets, make it supportive of thyroid function — especially hypofunction — and hormone health."

Just like vegetables, different species of seaweed, such as dulse, konbu, bull kelp, macrokelp, winged kelp and sea lettuce, have different taste and nutrient profiles.

How much do you need to eat?

When it comes to such a highly nutrition-packed ingredient, a little bit goes a very long way. Mouritsen estimates that a person should consume one teaspoon of dried, mixed seaweed daily to benefit from its positive qualities.

How can you use it?

Unlike in Japan, where it's used in plenty of dishes, fresh seaweed isn't a staple worldwide. But its dried version is now easily accessible.

"The products are designed to be used as seasoning, much the same way you do with dry herbs," says Mara Seaweed's Louisa Copping.

For an easy way to add seaweed into your diet, try this recipe from Mara Seaweed.

Blackberry and apple crumble

Ingredients
- 500g apples, peeled and sliced
- 250g blackberries
- 75g powdered sugar
- 25g butter
- 100g plain wholemeal flour
- 75g porridge oats
- 2 tsp seaweed flakes
- 100g soft dark brown sugar
- 75g cold, unsalted butter, cubed
- 25g sunflower seeds
- 15g pumpkin seeds

Directions

Preheat oven to 350 degrees and grease an 11x7 inch baking dish.

Cook the apple, butter and sugar over medium heat for 10 mins, stirring occasionally, until the sugar has dissolved and the fruit is just beginning to collapse. Taste and add more sugar if desired. Stir in the blackberries, transfer the mixture to the baking dish and set aside.

Combine the flour, oats, seaweed and sugar in a bowl. Add the butter and rub in with fingertips until the mix resembles coarse crumbs.

Crush the seeds so they break down a little, then stir into the crumble mixture. Spoon the mixture over the filling. Bake for 35-40 minutes until golden brown and bubbling. Leave to settle for about 10 minutes.

MARA SEAWEED

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MACNOW: EAGLES VAST ARRAY OF PROBLEMS BEGIN WITH TACKLING

THE SPORTS PROFESSOR

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We could fill this newspaper without finishing the list of horrors from Sunday night's 40-17 loss to Arizona. Start with four turnovers, the shelving of DeMarco Murray, and Nelson Agholor's continued disappearance.

For now, let's focus on one aspect that should rankle hardcore Eagles fans even more than Jordan Matthews' ill-conceived "Rocky" celebration with his team down 20.

The lazy, unsound, sometimes chicken-bleep tackling was an embarrassment to a franchise historically built on tough defense. The lack of effort and guts from Billy Davis' unit should disgust 68,000 hometown fans and millions more who watched that monstrosity on national TV.

Let's go through the tape:

In the Cards' first drive, tight end Darren Fells caught a pass 16 yards downfield — and then galloped another 20 with Byron Maxwell riding him like a kid on piggy-back. I'll grant you that Fells is a 6-foot-7 behemoth, but Maxwell came here from a sturdy Seattle defense that prided itself in knocking people over. Top cornerbacks aren't taken for amusement park rides.

In the second quarter, we witnessed the humiliation of David Johnson's 47-yard touchdown run, during which at least five Eagles defenders missed tackles. Some took poor angles, some bit on fakes, some were run over.

Astoundingly, the Eagles can clinch an NFC East title with wins in their final two games. GETTY IMAGES

Defense, as rising media star Seth Joyner loves to remind us, is about attitude. The attitude on that play seemed to be, "Let's not stick our neck into someone else's business here."

Watching it, you got the sense that the Eagles never practice tacking. Which, in fact, they don't.

In the third quarter, Johnson scored his third TD on the way to a 187-yard rushing day. On the play, you see Kiko Alonso wrestle with Johnson a yard shy of the end zone. Then you see Alonso peel off and surrender the goal line.

What the hell was Alonso trying to do? You never want to accuse a linebacker of playing in fear, but the "legend of Kiko Alonso" appears to be that he prefers to avoid contact.

Is it injury?

"I don't think he's 100 percent," coach Chip Kelly offered Monday, "but I don't think he's playing hurt either. He should have had the tackle."

Maxwell and Alonso were GM Kelly's top defensive acquisitions this season. His top offensive prize — DeMarco Murray — carried twice for three yards. New QB Sam Bradford had a mixed game, throwing effectively at times, but mixing in two interceptions and a fumble.

In the postgame locker room, linebacker Mychel Kendricks — who spent most of his night caught out of position — offered this: "If I know this team and I know myself, man, the Redskins got something coming to them. For real. And that's real s—. That's all I've got to say."

Sometimes it's better to say absolutely nothing. Show us, don't tell us. For real.

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Owls going for school-record 11th win in Marmot Boca Raton Bowl

Temple kicks off against Toledo on ESPN at 7 p.m. Tuesday.

JON MARKS
@MetroPhilly
sports@metro.us

Juniors P.J. Walker and Jahad Thomas will need to put up some big numbers against a potent Toledo attack Tuesday night. GETTY IMAGES

For the vast majority, this may just be the start of something great.

They hope, even expect this to be the rule rather than the exception from here on. But for 21 Temple seniors — all of whom have already received their diplomas — this is their last rodeo.

When the 10-3 Owls go for a school-record 11th win Tuesday night vs. 9-2 Mid American Conference power Toledo in the ever popular Marmot Boca Raton Bowl, it will be the end of the line not only for All-American linebacker Tyler Matakevich but an array of Matt Rhule's crew.

While a season that started off so promising with seven straight wins has taken a bit of a hit with three losses in their last six games — including dropping the American Athletic Conference title game to Houston, 24-13 — it would be special to finish it off with a "W."

"This is definitely a big moment that I'm going to take with me for the rest of my life," said senior defensive lineman Matt Ioannidis, who'll join Matakevich and defensive back Tavon Young at the Senior Bowl in Mobile, Alabama. "I'm glad that my last [Temple] game is a bowl game. It's been a long ride with these guys."

Especially if the 24th-ranked Owls can contain a Rockets' team that, like them, had a chance to win its league and potentially earn a berth in one of those prestigious (and big payday) New Year's Six bowls. But the Rockets fizzled in their finale, 35-30, to Western Michigan.

> ***"To see the moment pay off, to go from 2-10 to 6-6, to this, it definitely means a little more to us."*** Temple linebacker Matt Ioannidis

On offense, backs Kareem Hunt (894 yards rushing and 10 TD) and Terry Swanson (870 and 7 TD) lead the way, while quarterback Philip Ely has thrown for 2,680 yards and 21 touchdowns for a team averaging 34.7 points a game.

"They have a bunch of really good players and do a great job on defensive disruption, blitzing and moving," Rhule said. "We have to handle that. Offensively they can do anything from no backs, to a drop back passing game, to the physical downhill tough run game. They score a ton of points; so we're going to have to play great defense."

That's largely where all those seniors come in: Matakevich, Ioannidis, Young, Nate D. Smith and Will Hayes at the forefront.

"I think myself and this senior class have definitely made an impact on Temple University and especially Temple football," said Matakevich, winner of both the Chuck Bednarik Award and Bronko Nagurski Trophy as the nation's best defensive player. "We're definitely part of the turning point in Temple football. That's something I'll take a lot of pride in."

Yet even with all the emotion bound to bubble to the surface realizing this is it, the Owls will try their best not to get caught up in the bigger picture.

"Our focus has been 'what's next?' all year," said Matakevich, who said he's thrilled Rhule's not going anywhere, having recently signed a six-year extension. "We're just trying to get ready for Toledo right now.

"But I know I'm only gonna get to wear this cherry-and-white uniform one more time."

And Rhule will only get to coach this special group of players, who helped contribute significantly to Temple being ranked No. 7 nationally in terms of academics, one more time, too.

"It will be an emotional moment for me because I really, really love the group of seniors that's leaving," Rhule said. "I know how I'll remember them personally. I hope other people remember them as a tough, blue-collar group of kids that came here and handled adversity and then had a special year. I just hope we go out with a win."

And in the process end this special year by doing something no other Temple team has ever done:

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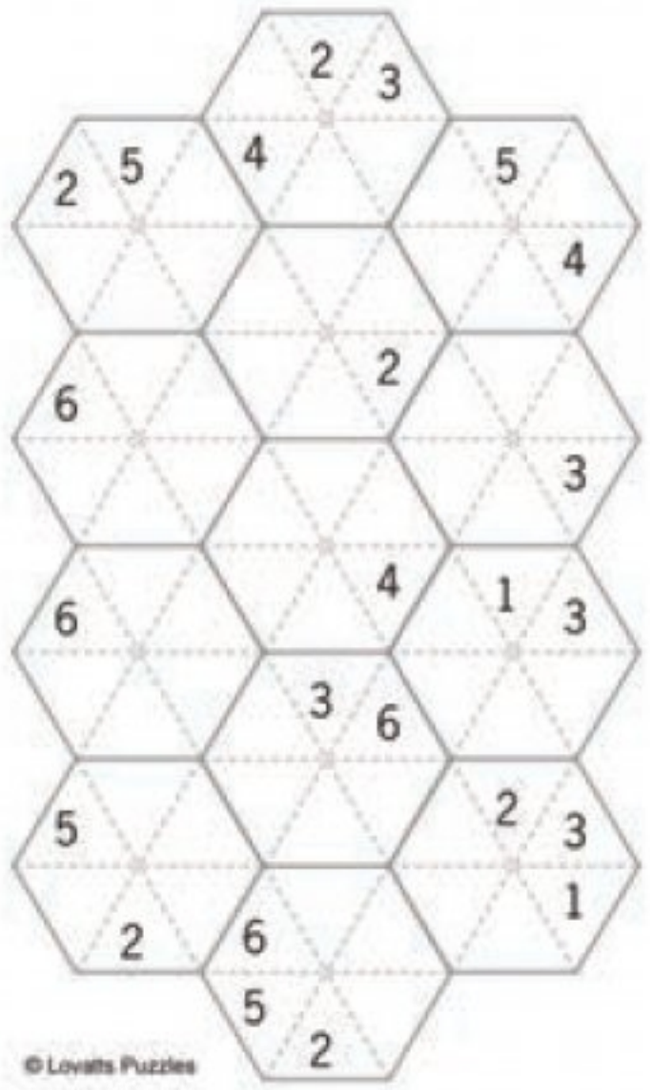
Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.

5 Letters
Acorn
Allow
Atone
Audio
Bares
Befit
Berth
Blast
Champ
Conga
Crack
Elect
Flute
Issue
Kneel
Lathe
Liars
Lumps
Media
Merge
Ogles
Penal
Rabbi
Rains
Reuse
Royal
Slash
Slosh
Steed
Tweed
Usual
Years

7 Letters
Concise
Inspect
Studios
Teenage

hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.



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Across
1 Media star
6 Peteman
10 Customs request
14 Related to Mom
15 007's alma mater
16 Wayfarer's refuges
17 Raised, as a question
18 Kauai feast
19 Peal of thunder
20 Clairvoyance
21 Fat, to a chemist
23 Dance moves
24 First veep
26 Origins
27 Mini-vise (hyph.)
29 — -de-lis
31 Sketch
32 Ram, in astrology
33 Tackle a slope
36 Sporatic (hyph.)
40 Toady's answer
41 Find quarters
42 Makes a choice
43 Blair and Danza
44 High-fliers (2 wds.)
46 Pizzerias' needs
48 Inca's — Picchu
49 Fully conscious
50 Oater action
52 — -Magnon man
55 Treasure-hunt aid
56 Marble streak
57 Set a price
59 Blanc and Gibson
60 Smokehouse hangers
61 Castle that danced
62 Grammy winner — James
63 Do some welding
64 More unusual

Down
1 Mushroom
2 "Dukes of Hazzard" deputy
3 Canary Islands port (2 wds.)
4 Yves' summer
5 Chaos
6 Barks excitedly
7 Sewing kit
8 Egg on
9 Veld grazer
10 Pianist — Borge
11 Cove
12 Purse closers
13 Deadly snakes
22 Baby sitter's bane
23 Marching band composer
25 Consarn it!
26 Lagoon protector
27 Jade
28 Film
29 Swamp chorus
30 Carbon-based forms
32 Gibb or Rooney
33 Kind of woodpecker
34 Wind catcher
35 Part of MIT
37 Solo
38 Charged particles
39 Roman invader
43 Nobelist nun
44 Chat
45 Cream-filled pastry
46 Young screecher
47 Bank feature
48 Pastor's abode
49 Summit
50 Admirer
51 Tire supports
53 Descartes' name
54 Baltic tributary
56 Channels 2-13
58 Madrid Mme.

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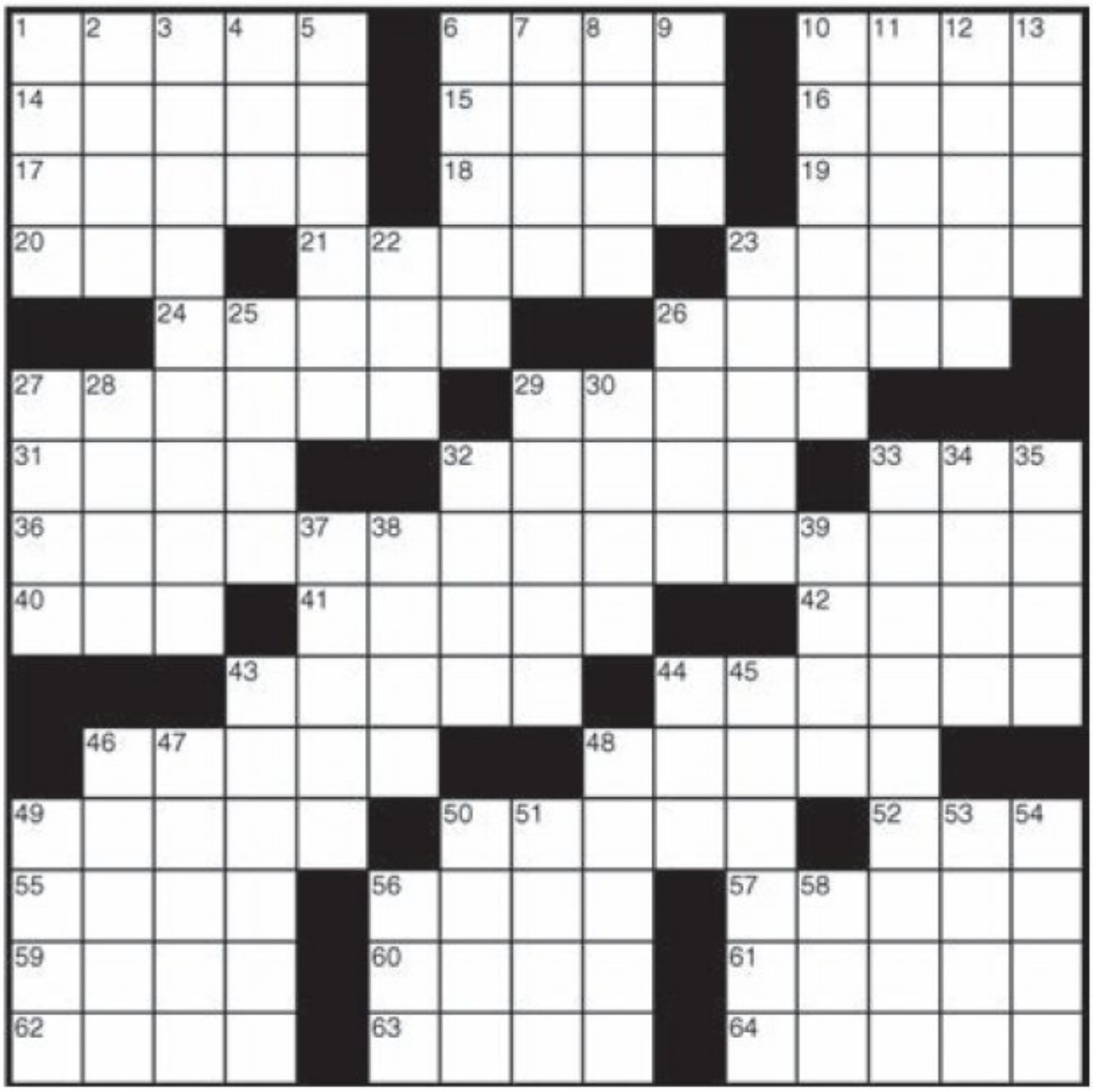

games

metro.us/horoscopes

Aries Don't go into battle with someone who just wants the best for you. Self-discipline and changes that could improve your image will pay off.

Taurus If you aim high, you will finish what you start. Picking up odds and ends for the upcoming festivities will get you in the spirit of the season.

Gemini Stay focused or you will misinterpret a situation or offer. Read between the lines and don't leave anything to chance.

Cancer Put your heart into making your home ready for the holiday season. Spending time with friends, family or children will brighten your day.

Leo Control your emotions and avoid getting into a spat. At work and at home, you are best off keeping the peace. Make personal improvements.

Virgo If you control whatever situation, you will be deemed a hero. Your insightful way of handling others will result in an unexpected surprise.

Libra Don't run yourself ragged trying to take care of demanding people who have little concern for your well-being. Focus on yourself.

Scorpio Your imagination will lead you in a wonderful direction. Creative ideas will help you incorporate comfort and convenience into your living quarters.

Sagittarius Bring about changes that will improve your life. Put an end to bad habits and unsavory influences. Choose your lot in life.

Capricorn Relationships will develop through networking functions and social activities. Attend an industry party and explore the possibilities.

Aquarius You'll have some good ideas that, once developed, will help you bring in extra cash. Take action and discuss your plans with someone.

Pisces Offer your help to a cause you believe in. Find out what you can do to assist older relatives during the taxing festive season. EUGENIA LAST

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easy

5			4			3		2
	8		1	3	9			5
	4		2					
	9	1	8			2		
		5			6	9	8	
					8		3	
2			6	4	1		5	
8		9			3			4

hard

6							4	
	2	1						
4	9		6	1	5		7	
9			1	5	6			
	7			4			5	
			8	3	7			1
	5		7	9	3		1	4
						3	6	
	1							5

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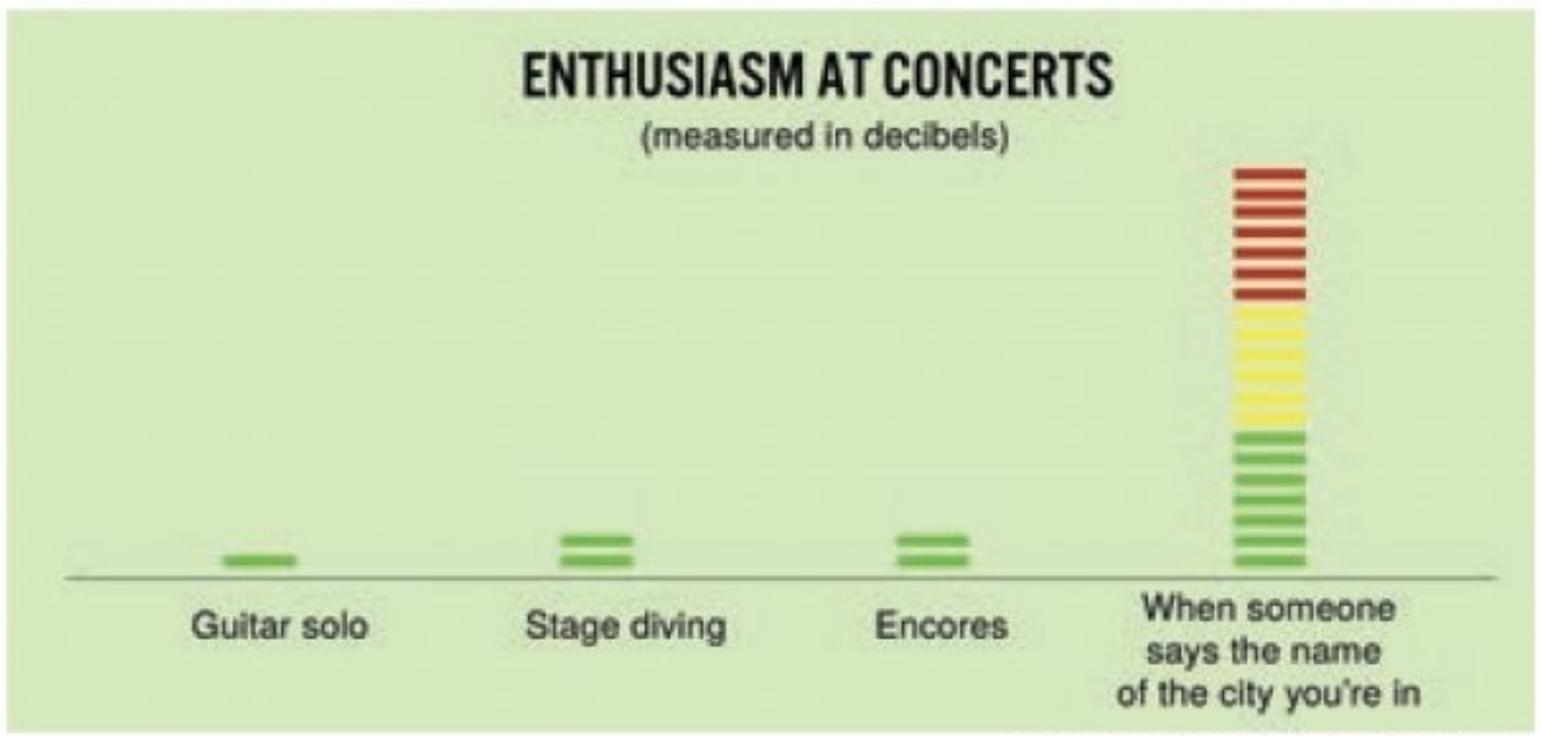

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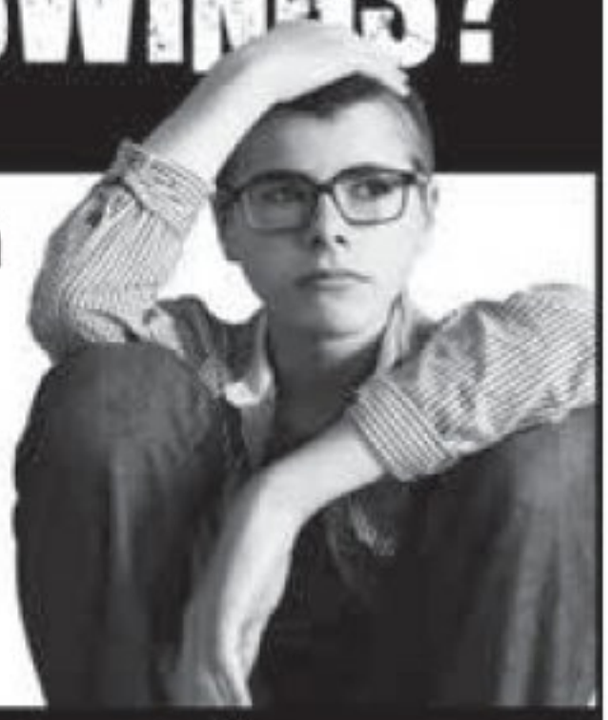

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